The invention claimed is:

- 1. A chair comprising:
 - a base,
 - a chair control mounted on the base;
 - a seat supported on the chair control;
- a back upright pivotally attached to the chair control for movement between upright and reclined positions;
 - a flexible polymeric sheet attached at upper and lower connections to the back upright; and
- a vertically adjustable lumbar mechanism attached to the back upright and configured to bend the flexible sheet forwardly between the upper and lower connections to support a seated user's lumbar region.
 - 2. The chair of claim 1, wherein the lower connection is resilient.
 - 3. The chair of claim 2, wherein the lower connection includes a tensioner.
 - 4. The chair of claim 1, wherein the upper connection is located near a top edge of the sheet.
 - 5. The chair of claim 4, wherein the upper connection extends along the top edge of the sheet.
 - 6. The chair of claim 1, wherein the upper connection is located at a top of the back upright.
 - 7. The chair of claim 1, wherein the lower connection is located at a bottom edge of the sheet.
 - 8. The chair of claim 1, wherein the vertically adjustable lumbar mechanism is also horizontally adjustable.

- 9. The chair of claim 8, wherein the horizontal adjustment of the lumbar mechanism is non-uniform across the sheet.
- 10. The chair of claim 9, wherein the lumbar mechanism includes adjustable side members operably engaging side areas of the flexible sheet and characteristically not engaging a center area of the flexible sheet.
- 11. The chair of claim 1, wherein the sheet includes perforations.
- 12. The chair of claim 11, wherein the perforations include slots.
- 13. The chair of claim 12, wherein the slots are oriented and arranged to provide non-uniform flexibility across the sheet.
- 14. The chair of claim 1, wherein the sheet is translucent.
- 15. The chair of claim 1, wherein the sheet includes a support surface adapted to ergonomically contact and support a seated user.
- 16. The chair of claim 1, wherein the back upright and the seat are both operably supported on the chair control and base for synchronous movement during recline of the back upright.
- 17. A seating unit comprising:
 - a base;
- a back upright pivotally supported on the base for movement between an upright position and a reclined position;
- a flexible sheet operably supported on the back upright and adapted to ergonomically support a seated user; and
 - a vertically adjustable lumbar mechanism operably movably attached to the back upright and configured to bend the flexible sheet and change a shape of the flexible sheet forwardly to ergonomically adjustably support a lumbar region of the seated user.

- 18. The seating unit of claim 17, including an upper connection pivotally connecting the flexible sheet to the back upright.
- 19. The seating unit of claim 18, including a lower connection operably connecting the flexible sheet to the back upright.
- 20. The seating unit of claim 19, wherein the lower connection is resilient.
- 21. The seating unit of claim 20, wherein the lower connection includes a tensioner.
- 22. The seating unit of claim 17, wherein the vertically adjustable lumbar mechanism is also horizontally adjustable.
- 23. The seating unit of claim 20, wherein the horizontal adjustment of the lumbar mechanism is non-uniform across the sheet and includes adjustable side members operably engaging side areas of the flexible sheet.
- 24. The seating unit of claim 17, wherein the sheet includes a support surface adapted to ergonomically contact and support a seated user.
- 25. The seating unit of claim 17, wherein the back upright and the seat are both operably supported on the chair control and base for synchronous movement during recline of the back upright.
- 26. A chair comprising:
 - a base,
 - a chair control mounted on the base;
 - a seat supported on the chair control;
- a back upright pivotally attached to the chair control for movement between upright and reclined positions;

a flexible polymeric sheet attached at upper and lower connections to the back upright, the lower connection being near a bottom of the sheet;

the sheet including perforations, at least some of which are slots, allowing airflow, the sheet including a support surface adapted to ergonomically engage and support a seated user; and

a vertically adjustable lumbar mechanism attached to the back upright and configured to bend the flexible sheet forwardly between the upper and lower connections to support a seated user's lumbar region.

- 27. The chair of claim 26, wherein the slots are oriented to cause a region of flexibility in the sheet.
- 28. The chair of claim 27, wherein the slots extend horizontally, and are located in a lumbar region on the sheet.
- 29. The chair of claim 26, including a seat operably supported on the base for synchronous movement during recline of the back upright.
- 30. The chair of claim 26, wherein at least a portion of the sheet is translucent.
- 31. The chair of claim 26, wherein the lower connection is resilient.
- 32. The chair of claim 26, wherein the upper connection is located at a top of the back upright.
- The chair of claim 26, wherein the lower connection is located at a bottom edge of the sheet.
- 34. The chair of claim 26, wherein the adjustable lumbar mechanism is also horizontally adjustable.

35. A chair comprising:

- a base,
- a chair control mounted on the base;
- a seat supported on the chair control;
- a back upright pivotally attached to the chair control for movement between upright and reclined positions; the seat being operably supported to move synchronously during recline of the back upright;
- a flexible polymeric sheet attached at upper and lower connections to the back upright, the lower connection being near a bottom of the sheet; the sheet including perforations allowing airflow and including a support surface adapted to ergonomically engage and support a seated user; and

an adjustable lumbar mechanism attached to the back upright and configured to bend the flexible sheet forwardly between the upper and lower connections to support a seated user's lumbar region.

36. The chair of claim 35, wherein the sheet is translucent.